



National Nutrient Database for Standard Reference
Release 28 slightly revised May, 2016

Full Report (All Nutrients) 09120, Grapefruit, sections, canned, juice pack, solids and liquids

Report Date: June 30, 2017 10:33 EDT

Nutrient values and weights are for edible portion.

Food Group : Fruits and Fruit Juices

Carbohydrate Factor: 3.7 Fat Factor: 8.37 Protein Factor:3.36 Nitrogen to Protein Conversion Factor:6.25

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup 249g
Proximates					
Water	g	89.67	5	0.301	223.28
Energy	kcal	37	--	--	92
Energy	kJ	155	--	--	386
Protein	g	0.70	13	0.036	1.74
Total lipid (fat)	g	0.09	14	0.016	0.22
Ash	g	0.34	5	0.017	0.85
Carbohydrate, by difference	g	9.21	--	--	22.93
Fiber, total dietary	g	0.4	--	--	1.0
Sugars, total	g	8.80	--	--	21.91
Minerals					
Calcium, Ca	mg	15	14	0.575	37
Iron, Fe	mg	0.21	5	0.053	0.52
Magnesium, Mg	mg	11	13	0.249	27
Phosphorus, P	mg	12	14	0.737	30
Potassium, K	mg	169	14	7.215	421
Sodium, Na	mg	7	13	0.666	17
Zinc, Zn	mg	0.08	4	0.011	0.20
Copper, Cu	mg	0.037	4	0.004	0.092
Manganese, Mn	mg	0.007	--	--	0.017
Selenium, Se	µg	0.9	--	--	2.2
Vitamins					
Vitamin C, total ascorbic acid	mg	33.9	5	1.761	84.4

Nutrient	Unit	1			1 cup 249g
		Value Per 100 g	Data points	Std. Error	
Thiamin	mg	0.029	4	0.003	0.072
Riboflavin	mg	0.018	3	0.002	0.045
Niacin	mg	0.249	--	--	0.620
Pantothenic acid	mg	0.120	--	--	0.299
Vitamin B-6	mg	0.020	--	--	0.050
Folate, total	µg	9	--	--	22
Folic acid	µg	0	--	--	0
Folate, food	µg	9	--	--	22
Folate, DFE	µg	9	--	--	22
Choline, total	mg	5.1	--	--	12.7
Vitamin B-12	µg	0.00	--	--	0.00
Vitamin B-12, added	µg	0.00	--	--	0.00
Vitamin A, RAE	µg	0	--	--	0
Retinol	µg	0	--	--	0
Carotene, beta	µg	0	--	--	0
Carotene, alpha	µg	0	--	--	0
Cryptoxanthin, beta	µg	0	--	--	0
Vitamin A, IU	IU	0	--	--	0
Lycopene	µg	0	--	--	0
Lutein + zeaxanthin	µg	0	--	--	0
Vitamin E (alpha-tocopherol)	mg	0.09	--	--	0.22
Vitamin E, added	mg	0.00	--	--	0.00
Vitamin D (D2 + D3)	µg	0.0	--	--	0.0
Vitamin D	IU	0	--	--	0
Vitamin K (phylloquinone)	µg	0.0	--	--	0.0
Lipids					
Fatty acids, total saturated	g	0.012	--	--	0.030
4:0	g	0.000	--	--	0.000
6:0	g	0.000	--	--	0.000
8:0	g	0.000	--	--	0.000
10:0	g	0.000	--	--	0.000
12:0	g	0.000	--	--	0.000
14:0	g	0.000	--	--	0.000

Nutrient	Unit	1			1 cup 249g
		Value Per 100	Data points	Std. Error	
16:0	g	0.011	--	--	0.027
18:0	g	0.001	--	--	0.002
Fatty acids, total monounsaturated	g	0.012	--	--	0.030
16:1 undifferentiated	g	0.001	--	--	0.002
18:1 undifferentiated	g	0.010	--	--	0.025
20:1	g	0.000	--	--	0.000
22:1 undifferentiated	g	0.000	--	--	0.000
Fatty acids, total polyunsaturated	g	0.021	--	--	0.052
18:2 undifferentiated	g	0.017	--	--	0.042
18:3 undifferentiated	g	0.004	--	--	0.010
18:4	g	0.000	--	--	0.000
20:4 undifferentiated	g	0.000	--	--	0.000
20:5 n-3 (EPA)	g	0.000	--	--	0.000
22:5 n-3 (DPA)	g	0.000	--	--	0.000
22:6 n-3 (DHA)	g	0.000	--	--	0.000
Fatty acids, total trans	g	0.000	--	--	0.000
Cholesterol	mg	0	--	--	0
Amino Acids					
Tryptophan ^{1 2}	g	0.007	--	--	0.017
Threonine ^{1 2}	g	0.012	--	--	0.030
Isoleucine ^{1 2}	g	0.007	--	--	0.017
Leucine ^{1 2}	g	0.013	--	--	0.032
Lysine ^{1 2}	g	0.017	--	--	0.042
Methionine ^{1 2}	g	0.007	--	--	0.017
Cystine ^{1 2}	g	0.007	--	--	0.017
Phenylalanine ²	g	0.042	--	--	0.105
Tyrosine ^{1 2}	g	0.007	--	--	0.017
Valine ^{1 2}	g	0.014	--	--	0.035
Arginine ^{1 2}	g	0.079	--	--	0.197
Histidine ^{1 2}	g	0.007	--	--	0.017
Alanine ^{1 2}	g	0.022	--	--	0.055
Aspartic acid ^{1 2}	g	0.125	--	--	0.311
Glutamic acid ^{1 2}	g	0.179	--	--	0.446

Nutrient	Unit	1			1 cup 249g
		Value Per 100	Data points	Std. Error	
Glycine ^{1 2}	g	0.014	--	--	0.035
Proline ^{1 2}	g	0.057	--	--	0.142
Serine ^{1 2}	g	0.025	--	--	0.062
Other					
Alcohol, ethyl	g	0.0	--	--	0.0
Caffeine	mg	0	--	--	0
Theobromine	mg	0	--	--	0
Flavonoids					
Isoflavones					
Daidzein ³	mg	0.00	1	--	0.00
Genistein ³	mg	0.00	1	--	0.00
Total isoflavones ³	mg	0.00	1	--	0.00

Sources of Data

¹Nutrient Data Laboratory, ARS, USDA National Food and Nutrient Analysis Program Wave 5i, 2001 Beltsville MD

²Nutrient Data Laboratory, ARS, USDA National Food and Nutrient Analysis Program Wave 5e, 2001 Beltsville MD

³Liggins, J., Bluck, L. J. C., Runswick, S., Atkinson, C., Coward, W. A., Bingham, S. A. **Daidzein and genistein content of fruits and nuts.**, 2000 J. Nutr. Biochem. 11 pp.326-331